

## CLAIMS

1. A vehicle shock absorber installed inside a vehicle structural member so as to absorb shocks from interior or exterior, wherein

the vehicle shock absorber is formed to be hollow by blow-molding thermoplastic plastic,

a first wall and a second wall are provided to be spaced from and opposed to each other,

a shock receiving surface connects the first and second walls,

the first and second walls are formed with a plurality of recessed grooves at substantially equal spaced intervals,

the recessed grooves are formed by walls which are substantially perpendicular to the shock receiving surface, and

the recessed grooves are formed from an end of the shock receiving surface of the first wall or the second wall to the other end.

2. The vehicle shock absorber according to claim 1, wherein the recessed groove in the second wall is provided at a position opposed to a wall surface between two adjacent recessed grooves formed in the first wall so that the recessed grooves formed in the first wall and recessed grooves formed in the second wall are disposed alternately.

3. The vehicle shock absorber according to claim 1 or 2, wherein

the shock receiving surface is formed with semi-arc notches formed by the recessed grooves formed in the first wall and the

second wall, and

a parting line is formed between the notch formed by the recessed groove formed in the first wall and the notch formed by the recessed groove formed in the second wall.

4. The vehicle shock absorber according to anyone of claims 1 to 3, wherein

the vehicle shock absorber is interposed between a bumper beam and a bumper facia, and

the shock receiving surface is disposed on the side of the bumper facia.